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(71) Applicant (for all designated States except US): **SANTÉ
INTERNATIONAL, INC.** [US/US]; 111 West Second
Street, Suite 4000, Jamestown, NY 14701 (US).

(72) Inventor; and

(75) Inventor/Applicant (for US only): **DJANG, Arthur**;
Santé International, Inc., 111 West Second Street, Suite
400, Jamestown, NY 14701 (US).

(74) Agent: **NELSON, Bud, M.**; 8112 Greywinds Drive,
Raleigh, NC 27615 (US).

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(54) Title: DIETARY SUPPLEMENT FOR PROMOTING CONTROL OF BLOOD-SUGAR LEVELS AND ASSOCIATED
PATHOLOGY IN TYPE 2 DIABETICS

(57) Abstract: Provided is an herbal extract-based composition comprising an extract of Gynostemma pentaphyllum, an extract of Crataegus pinnatifidia (hawthorn), an extract of Camellia sinensis (green tea), and an extract of Momordica charantia (bitter melon). The composition may further comprise an extract of mulberry (Morus species). Also provided is a process for preparing a herbal extract-based composition which comprises separately extracting each of hawthorn, green tea, Gynostemma pentaphyllum, mulberry, and bitter melon; drying extraction eluates obtained from the extracting of each of the herbal components to obtain organic residues in forming a hawthorn extract powder, green tea extract powder, a Gynostemma pentaphyllum extract powder, a mulberry extract powder, and a bitter melon powder; and combining the green tea extract powder, the Gynostemma Pentaphyllum extract powder, the hawthorn extract powder, the mulberry extract powder, and the bitter melon powder in desired proportions to form the herbal extract-based composition which, when taken orally, has health-promoting effects including anti-diabetic effects that include, but are not limited to, decreasing visceral fat, reducing hyperglycemia, and reducing the occurrence and severity of diabetic complications, associated with type 2 diabetes.